



Single Session Counselling

A one-off session to support you to develop strategies or ideas to help with your most pressing concerns.

What is Single Session Counselling (SSC)?

SSC is an evidence-based, client-focused counselling session. The focus of the session is on your main concern, challenge or difficulty, and what you want to achieve from your session. Our aim is for you to leave the session with some ideas or strategies to try out.

Attending an SSC doesn't preclude you from accessing our other services, such as ongoing counselling. This may be something that you discuss during the session.

Why should I choose an SSC?

SSC can help to make sure you're getting the most of your first, and sometimes only, session. SSC is collaborative and responsive; with a focus on your key concerns and goals, with you and your counsellor working together on strategies for change.

What issues can SSC address?

SSC can be used for a wide range of issues. This includes helping people improve their relationships, and find ways to manage emotions, grief and loss, mental health issues, anxiety, life changes and more.

What happens during an SSC?

Before you attend a session, you'll be asked to complete a questionnaire to help your counsellor find out more about your main concerns and goals for the session.

We will focus your time on a single concern and help you work towards a solution or way forward.

At the end of the session you and your counsellor may discuss options for further support.

Who provides SSC?

Our counsellors have extensive experience helping clients with a range of issues. Both male and female counsellors are available.

Getting started

We currently offer SSC online or by phone. For more information you can contact info@counsellingforsocialchange.org.uk or to make an appointment visit:

counsellingforsocialchange.org.uk/ssc

About us

Counselling for Social Change is a registered charity offering low cost counselling across the South West.

We have been providing emotional support since 2012 and provide both long and short term counselling.